

Are you Fit to a T?

Do you know your...

Blood pressure?

Cholesterol level?

Weight?

T-score?

That's right, T-score. If you had to think twice about what a T-score is, and no, it's not a golf term; chances are you're not alone.

It's all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 – knowing that your bones won't let you down – here's what you need to know.



Fit to a T™

FREE – OPEN TO THE PUBLIC

WHAT: *Fit to a T* bone health and osteoporosis education program, for men and women of all ages

SPEAKER: **Massiel Delgado, SPT**
Western University of Health Sciences

WHEN: Tuesday, December 13, 2011
at 11:30 am

WHERE: East Los Angeles County Service Center
133 North Sunol Drive
Los Angeles, CA

